

GLEN PARK NEWS

Volume 23, No. 1

Official Newspaper of the Glen Park Association

Published Quarterly

Grocery Store Could Open by Thanksgiving, Owner Says

It's now semi-official. The grocery store going into the Glen Park Marketplace development will most likely be called Canyon Market. If everything goes as planned it will open in early fall.

"We really want to be open at least a month before Thanksgiving to give the staff a chance to ramp up," says Richard Tarlov, who together with his wife, Janet, will operate the market. They are in the middle of lease negotiations with the developer, Kieran Buckley, a process both parties expect to have finished by the time this paper goes to press.

"It will be a full-service neighborhood market," says Tarlov. But, he's careful to note, "it's not going to be a fancy market—it will be a neighborhood market with everyday prices." Canyon Market will carry a mix of organic and conventional produce,



Workers at the Glen Park Marketplace

Photo by Michael Waldstein

meat, fish, wine, a variety of Bay Area breads, and household necessities. There will be a sizable array of prepared foods, including entrees, side dishes and salads, made on the premises. Adding a salad bar also is under consideration.

One reason the engineering of the space has been so complex is the need to meld the mechanical designs for the refrigeration units, sinks and cooking areas necessary for a kitchen with the retail space, Tarlov says.

The Tarlovs expect to be open seven days a week, 10–12 hours a day. They'll be looking to hire workers beginning in late summer. Help-wanted notices will be published in the *Glen Park News* and

posted at the work site, he says.

"And we're always interested in hearing what neighbors would like to see in the store," he says. An interim Web site has been set up at www.geocities.com/richeuclid/canyon-market.html.

Both Tarlovs have worked in the food business for years, but their dream has been to open their own market. Richard began in the health food business, then worked for specialty retailers in New York City before moving to San Francisco in 1992. Janet started her food career at the renowned Zingerman's Delicatessen in Ann Arbor, Michigan. The couple worked for eight years for regional retailer Oakville Grocery, based in the Napa wine country. Currently Janet works in the British cheese importing business and Richard does

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New Editorial Volunteers Are Planning Improvements

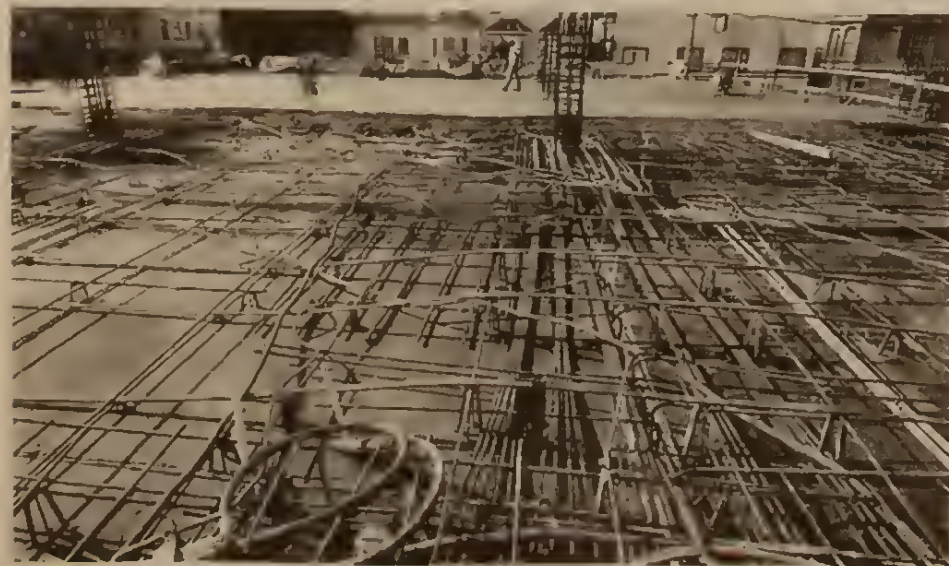
Spring signals renewal, and that goes for the *Glen Park News*, too.

There's a change of guard beginning with this issue, and the start of planned design changes. Longtime editor Nora Dowley has decided to focus her efforts on coordinating advertising for the paper, and handed over top editing duties to Elizabeth Weise. Weise lives in the neighborhood and is a staff writer for *USA Today*. She has been a frequent contributor to the *Glen Park News* and has eagerly taken on her new role.

"We're excited about continuing the work that Nora did and are hoping to make the paper even more vibrant," she said. Mary Mottola, another Glen Park resident, has enthusiastically assumed the essential layout and desktop publishing duties.

One of the goals identified by the new editing and design team is to publish more frequently—every other month instead of quarterly, if possible.

CONTINUED ON PAGE 2



Glen Park Marketplace under construction

Photo by Michael Waldstein

Glen Park Association Meeting Notice

**Tuesday, April 12, 2005
7:30 p.m.**

St. John's School, 925 Chenery St.
Parking available

Supervisor Bevan Dufty will attend to discuss issues of concern to the neighborhood. Also, the latest plans for the new Glen Park branch library and Canyon Market will be shown.

VOLUNTEERS CONTINUED FROM PAGE 1

That would give the people who live and work in Glen Park not only more news about what's happening in the neighborhood, but also information that will be more timely.

Readers will see some new columns, starting this issue with contributions by District 8 Supervisor Bevan Dufty and San Francisco Police Capt. Paul Chignell, commanding officer of the Ingleside Precinct, which includes Glen Park.

The revamped *Glen Park News* will strive to bring readers more profiles on the residents and merchants who make the neighborhood one of the best-kept secrets of San Francisco. News will be kept fresh and relevant.

"The main function is to get wide dissemination of news in our neighborhood where change is going on, whether it involves development issues or transportation issues," said Michael Rice, incoming president of the Glen Park Association, which publishes the newspaper. "The paper also helps build some identity of Glen Park as a community."

Neighborhood newspapers have a long tradition in San Francisco and play a vibrant role, said Paul Kozakiewicz, the veteran publisher of the *Sunset Bea-*

con and the *Richmond Review*. Not only do neighborhood residents and shopkeepers find out what new City policies may affect them, but policy-makers learn of the neighborhoods' concerns. Even City Hall is taking notice of the importance of neighborhood newspapers, with Mayor Gavin Newsom planning to meet more often with the editors and publishers.

"We do stuff that the daily papers don't do. What we really do is micro-news," Kozakiewicz said.

And that's what the *Glen Park News* will do, too: give readers news and information from the neighborhood perspective. There's a lot happening in Glen Park—the new Marketplace development, attempts to smooth traffic flow and make streets safer for pedestrians and bicyclists, budget cuts affecting Glen Canyon Park and pothole-repairs, a clean-streets campaign, rising housing prices, changing demographics and businesses coming and going from our neighborhood.

We look forward to hearing from you, our readers, on the changes and what else you'd like to see. Letters to the editor are welcome. Please drop us an e-mail at glenparknews@yahoo.com or send a note to Glen Park News, 2912 Diamond St. #407, San Francisco, CA 94131.



Glen Park Association News

Committee Will Study Utility Undergrounding

Your Glen Park Association Neighborhood Improvement Committee recently inquired about the future of putting utility wires underground in San Francisco.

by
Michael
Rice

According to Supervisor Dufty's office, selections are underway for a 20-member committee that will look into the prospects for resuming the undergrounding program. Committee members will be appointed this month by a number of different offices including the mayor, the supervisors, DPW, PG&E, SBC and Comcast. The committee will evaluate the options for continuing the program, look for ways to use funding and ensure coordination with other street work activities, and, hopefully, develop a mechanism

for selection of streets to have their utilities put underground in the future. The enacting legislation requires the committee to conduct its work by this September.

New Newspaper Racks

The San Francisco Department of Public Works is in the process of installing new newspaper racks at various locations around town. DPW has been contacted with an inquiry as to when the news paper racks at the Glen Park BART Station will be replaced with the new boxes. The committee will continue to pursue the issue and try to get Glen Park moved up on the news rack replacement schedule.

Michael Rice is the Glen Park Association President.

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Tiffany and Paul Farr
Carol Maerzke
Katey Mulligan
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Joe Schuver

Photographers Candy Cantada
Michael Waldstein

The mission of the Glen Park Association is to promote the collective interests of all persons living in Glen Park, to inform and educate about neighborhood and citywide issues, to promote sociability and friendships and to support beneficial neighborhood projects.

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Glen Park News

The *Glen Park News* is published quarterly by the Glen Park Association. Signed articles are the opinions of the authors and not necessarily those of the Glen Park Association. To advertise in the *Glen Park News* call 908-6728.



Islais Creek flows through Glen Canyon Park

Photo by Michael Waldstein

Islais Creek: From Stream To Sewer

From its source on the southern slope of Twin Peaks, the north fork of Islais Creek begins its existence as a charming little rivulet, a nostalgic bit of nature tumbling southeast through Glen Canyon Park. By the time it hits San Francisco Bay, the creek has been bullied through culverts and buried beneath streets, emerging finally near the Bay as a sewage-choked channel bearing little resemblance to anything natural.

The geographic distance between Glen Canyon's urban oasis and Bayview's "S___ Creek" (an unfortunate long-time nickname) is short—just about three miles. The transformative journey taken by Islais Creek, however, is nothing short of remarkable.

To understand the dramatic alterations foisted upon Islais Creek, consider the journey of a single drop of rainwater. After falling on Twin Peaks, the droplet rolls down toward Glen Park,

enters the canyon, and joins other flows to form Islais Creek. This natural course is much the same as it has been since time immemorial. In Glen Canyon, the drop is exposed to a mixture of native and introduced species of plants and animals, yet the overall experience remains quite natural.

As the drop continues its journey toward the lower section of the park, it courses through a field of Rainbird sprinkler flags on the banks of the creek, showing the location of freshly planted myrtles, shrubs, elderberries, and other native plants—signs of continued efforts to return the canyon to closer to its original conditions, and give native animals and birds a better food source.

Then, within sight of the Glen Park Recreation Center, the drop plummets suddenly into a storm drain. Up to this point it has been relatively unimpeded by the whims of mankind. However, once the drop enters the culvert, it

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leaves behind any semblance of its natural course and surrenders itself to modernity. The droplet now becomes part of a subterranean river flowing roughly along the path of northbound Interstate 280.

Of course, there was a reason for Islais Creek's unceremonious burial. In the 1870s the area around Islais Creek was known, appropriately enough, as Butchertown, due to the number of slaughterhouses in the area. The abattoirs used the creek as a repository for blood and offal, while the surrounding neighborhoods dumped garbage and human waste into the creek. Combined, these practices left the stream somewhat less than pristine, earning Islais Creek the moniker "S___ Creek" and compelling City officials to cover the whole mess.

Toward the end of its voyage across San Francisco, the droplet finally flows from its concrete culvert into the Islais Creek Channel, an artificial creation near the intersection of Cesar Chavez and Third streets that bears no relation to the historic outlet of Islais Creek. The droplet suffers one final indignity before being dumped into the Bay. As a result of a failed attempt by Muni to run a conduit underneath the channel in 2001, a sewer main beneath the creek ruptured and flooded the channel with sewage. It has never been repaired. The droplet ends its journey being dragged through the sewer.

The physical changes experienced by Islais Creek from its source to its outlet are, unfortunately, representative of the treatment of waterways throughout San Francisco. Of the nine streams present in San Francisco, almost all have been diverted or forced through culverts. The paucity of naturally flowing water in San Francisco makes Glen Canyon Park's section of Islais Creek all the more exceptional, for it is one of the last naturally occurring, unobstructed streambeds in the entire city.

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Glen Park Parents gather outside Cafe Bello

E-mail Group Links Parents

Those of us who live in Glen Park do so for many reasons. Some of us were born and raised here; others only discovered Glen Park by mistake when searching for that elusive beast, the affordable San Francisco starter home; still others chose Glen Park for its proximity to the freeways and BART. One thing we all share is an appreciation of life as San Franciscans and all that it has to offer us. But as we city dwellers know all too well, urban life can have its downsides, one of which is that we are all so busy

enjoying our city lives that we have no idea who our neighbors are.

Glen Park parent Elizabeth Weise noticed the problem: "It was killing me that Glen Park was having such a baby boom, but none of us knew each other. It wasn't until we had a block potluck that I found out there were three families with little girls on our block. It's crazy that we could live on the same block but not even know each other existed."

Her successful block gathering got her thinking, and she created a potluck, of sorts, in cyberspace: the Glen Park Parents listserv.

A listserv like Glen Park Parents (www.groups.yahoo.com/group/glenparkparents) allows people who join to communicate with all members of the group with just one e-mail message. Membership is free and easy (just go to the Yahoo groups page and follow the directions) and members can post messages to the group, use the calendar to schedule group events and send event reminders automatically via e-mail, even post pictures.

Started by Weise last August as "a way to connect with other parents, and help parents connect," the Glen Park Parents e-mail list has "taken off beyond my wildest dreams," she says. "There are 100 parents on the list. Who knew there were 100 families with kids in Glen Park?"

Glen Park mom Heloiza Barbosa, originally from Brazil, moved to San Francisco about two months ago. She began exploring her new neighborhood and, on an outing to the Glen Park library with new baby Francisco, saw a flyer about the group. She signed up and now hosts an "Active Baby Play Group" at her home. The e-mail list has connected Heloiza with lots of other new parents from the neighborhood, including the family that lives across the street.

Heloiza reports that Francisco has also been reaping the benefits of the online connection: "One of the kids in the group started to walk just last week," she reports. "Now he's Francisco's hero."

Gay in Glen Park?

Glen Park is a varied and diverse neighborhood, one of the charms that make it so livable. By the number of rainbow flags and other gay symbols scattered around, one element of that diverse population is a sizable number of gay households.

Two new Glen Park residents who've been wanting to meet all the folks whose bumper stickers look so much like their own have begun planning for a potluck in the next month. They're hoping it will be a good way to meet other lesbian and gay neighbors who enjoy Glen Park as much as they do.

After moving here in September, Vicky and her partner Jacqueline found they wanted a way to connect with people in the area. "We're both social and love people and we just wanted to get to know our gay and lesbian neighbors," says Vicky.

So they decided a community dinner would be a good way to meet people beyond just their block. "We enjoy wine and schmoozing and we thought it's be nice to open our home and meet our neighbors," she says.

Glen Park residents who think this sounds like a nice idea are welcome to join the guest list. To sign up, send a note to the couple at vjsl888@sbcglobal.net.

In Glen Canyon Park

The Great Horned Owls are back in the park again. Richard Craib and I were pulling weeds in the park on a Wednesday at the end of January when Richard heard the sound of a soft "hoot" from the trees. He soon spotted a pair of owls high in a Eucalyptus tree on the west side of Islais Creek. We agreed that they were probably going to use the same nest as last year: the nest that the Red-Tailed Hawks had used for many years. The owls get first choice since they start nesting earlier than the hawks. The owls and hawks were nesting very close together last year in the Eucalyptus. Observers up the hill on Diamond Heights Boulevard near Arbor Street had a good view of both nests.

Volunteers have done much work in

the park where 21 Eucalyptus trees were removed from the creek. They cleared away the debris and planted over 3,000 plants, everything from grasses to trees. The winter rains have given the plants a good start but they will need watering during their first dry summer.

Be sure to take a walk up the new steps and along the trails that the San Francisco Conservation Corps has been working on this winter. Join Friends of Glen Canyon Park on the Spring Flower Walks listed in the Calendar of Events to take place on March 12 and April 9. Also, be sure to join the Friends on Saturday April 16 for the Earth Day work party celebration when we will have hot dogs with all the trimmings. The next day, Sunday April 17, come along on a bird walk and/or enjoy a pancake breakfast in the park.

Great Horned Owl





South African Boer Goats in Glen Canyon

Photo by Candy Cantada

Hungry Goats Keep Brush in the Canyon Brush Cropped

The goats have been back in Glen Canyon! After a year's absence, a herd of hungry goats once again arrived to chomp away at overgrown underbrush and weeds such as poison oak, blackberry and thistle on the steep sides of the canyon where human workers can't easily work.

by
Elizabeth
Weise

The herd was made up of about 80 South African Boer goats, which are big eaters compared to the more common California dairy goats. They were enclosed by a low-voltage electric fence which was moved from place to place to allow them to really clear out one area before they were moved to the next.

Their goatherd is Alan Padilla of Sycamore Farms in Watsonville. He stays with the herd full time, and camped out behind the Silver Tree building. He watched the herd all day using binoculars to guard against falls and observe births, sicknesses or the occasional teen prank. Herding dogs also kept an eye on the goats and helped move them. Twice a day Padilla hiked up the hillside to inspect the herd more closely.

Goats are an increasingly popular way to control weeds, and in more fire-prone areas to create firebreaks. Given a choice, goats will select the weeds and brush over grass every time, say members of the Dodds family, which owns Sycamore Farms.

San Francisco Services

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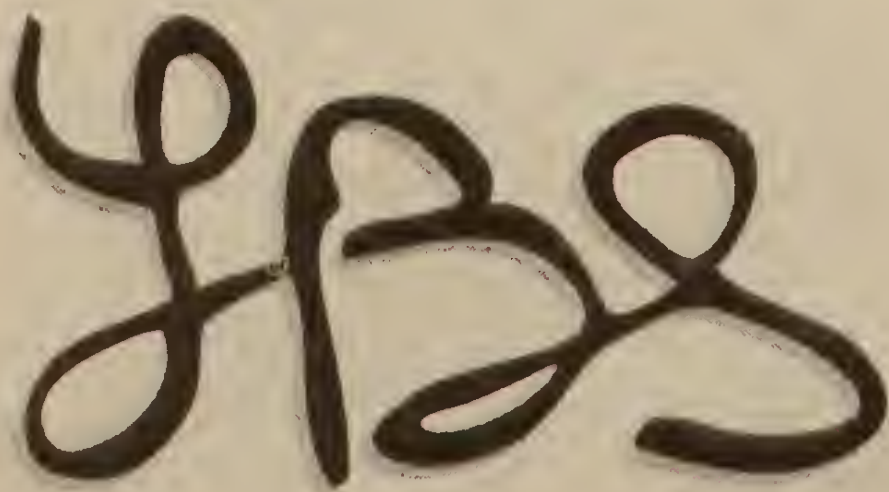
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Harry Lew displays a tennis trophy

Photo by Harry Lew

There's Something About Harry

Anyone who plays tennis or even walks by the Glen Park tennis courts on Friday morning knows Harry Lew, a Glen Park resident for 45 years, if only by sight. Someone told me about Harry before I ever saw or met him.

Now that I have met him, played tennis with him and heard his story, it's easy to understand why one would single him out from a group.

Born Hong Lew in 1922 in Guangdong (Canton) province in China, Harry Lew is a natural leader. He's still organizing games, something he started doing back in Ngood Hong Toon ("Moon Pond Village"), the village of his childhood, where he led the other children in all kinds of sports, especially table tennis.

When he first came to the U.S. he was only 14 years old, but he was soon appointed a "big brother" to help the teachers and other students in the "foreign adjustment" classes he attended before he could enroll in the local high school. Later he organized basketball games between native Chinese and American-born Chinese students in the Chinese Club at Belmont High School in Los Angeles.

Being a teenager and high school student is difficult for most kids, but doing so in a foreign land while working in a laundry each day after school is even more demanding. What's more

amazing is that Harry did all of this on his own. Fourteen-year-old Harry left China without his family in 1937, while China and Japan were at war. He sailed aboard the President Hoover with bombs dropping all around them in the harbor of Shanghai. It wasn't until 45 years later, in 1982, when his mother, brother and his brother's family came to the United States, that he was reunited with his family.

When he reached America, he lived with other, older Chinese immigrants in a large room in an empty store building in old Chinatown in Los Angeles. There were 10 single beds side by side, a partitioned sitting area and a small cooking area with one cold-water faucet, he remembers.

Harry's leadership and organization skills were joined by determination, and all three qualities served him well throughout his time and service in the U.S. Army during World War II. He was inducted at the Presidio in San Francisco and did basic training in the Tank Corps at Fort Knox, Kentucky, followed by further training in the Amphibian Tractor Battalion at Fort Ord in Monterey County. His battalion was involved in the liberation of Borneo and was later stationed in the Philippines.

After the Army, Harry returned to the Bay Area and used the G.I. Bill to

CONTINUED ON NEXT PAGE



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Diamond Heights: Tacos in, Rite Aid, Burger King Out

Changes are afoot at the Diamond Heights Shopping Center. Rite Aid and Burger King are leaving. Creighton's

by
Linda
Stewart

Bakery, which has a store near Tower Market and was once in the building Destination Bakery now occupies at Chenery and Castro, has taken over the popular

coffee and pastry café that lies between the two departing businesses.

Although Rite Aid's departure might seem to be based on the recent struggles of its parent company—their former top lawyer was recently sentenced to 10 years in prison for his part in "accounting irregularities" that subsequently drove the stock price down to its current \$3.50—the company is in fact in the midst of a fairly successful turnaround. As such, a company focusing on increasing profits could not agree to the cost of the new lease, which sources at the store say the shop-

ping center management had almost tripled.

Rite Aid's departure in April is not necessarily bad news for shopping center customers. An unofficial but knowledgeable source says Walgreens will be moving into the vacant property. For many customers this might be an improvement. Some think Walgreens has more to offer its customers, and the company is more likely to be able to afford the lease, since its profit is more than seven times that of Rite Aid, \$1.39 vs. \$0.18 per share.

Jobs will be found for current Rite Aid employees at other local Rite Aids. The pharmacist went temporarily to their West Portal store, which is where all pharmacy customer profiles have been forwarded.

Another change at the shopping center is the new Taylor's Taqueria, which occupies the space recently vacated by Burger King at the western edge of the center.

Merchants' Corner

The Glen Park Merchants' Association meets every two months and is dedicated to fostering community growth

by
Joe
Schuver

and a spirit of cooperation between our members and our patrons. Ongoing topics of discussion include promoting the businesses

of Glen Park, neighborhood beautification, safety and parking. All merchants are invited to our meetings and we will be inviting new members to join this spring. We have exciting ideas for the 2005! Stop by and see us at the Merchants' booth at the Glen Park Festival April 24. For more information on the association and upcoming meetings, contact Joe at the Destination Baking Company, 469-0730.

The Merchants' Association would like to welcome Steven and Betty Chang and Mylan Trang to the neighborhood. They are the new owners of Viking Submarine, 2906 Diamond St., across from the BART station, 586-5333. They are serving breakfast and lunch from a new and expanded menu and are open until 8 p.m. Monday–Thursday, 7 p.m. on Friday, and 6 p.m. on Saturday. The partners plan a remodel soon. Stop in

and get a sandwich, and some ice cream too!

Caroline Quethera is the energetic and vivacious "stylist-colorist-clown-armchair philosopher" of Crowning Glory Salon, 74 Wilder St., 333-1500. See her for your hair concerns and sparkling conversation. Caroline is looking forward to being involved in the neighborhood and giving back to the community. And, like all of us, she is thrilled to be doing business in Glen Park!

Joseph Schuver is president of the Glen Park Merchants' Association and owns Destination Bakery.

HARRY
CONTINUED FROM PREVIOUS PAGE

attend business school. After working as a store manager for a variety store chain in several locations in Northern California and Washington state, he eventually became a civil servant in the San Francisco Municipal Court system.



People Enjoying the 2004 Glen Park Festival

Photo by Dan Gustavson

The 9th Annual Glen Park Festival

Sunday, April 24th

10:00 to 5:00

Featuring:

Crafts

Food and Beverages

New! Children's Area

Music:

Zakiya Hooker, daughter of legendary bluesman John Lee Hooker

Lee Waterman & Jazz Caliente

Mestizo, classic Latin rock

More details at www.glenparkfestival.com

Because of his knowledge of computer systems, he was appointed court system coordinator, the position he held when he retired.

Harry married his wife Katie in 1950. The couple bought their home in Glen Park in 1960. They have three sons—Jerry in San Francisco, Gary in Santa Clara and Peter in New York.

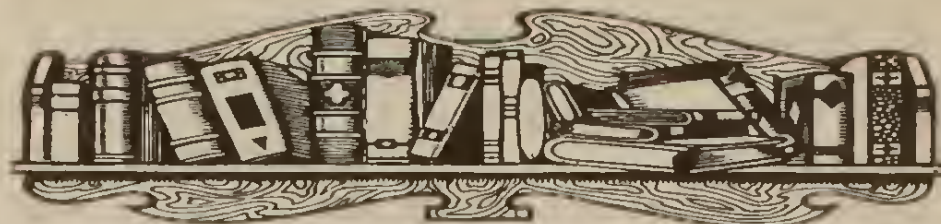
One of the biggest changes Harry remembers in the neighborhood is the remaking of Monterey Boulevard from Acadia to Genesee streets. The large apartment complexes on Monterey Boulevard in that area were once gas stations. When the center median was put in place the sidewalks were reduced to half their original size.

Find out how you can join
with your neighbors and friends
to support the

New Glen Park Library Capital Campaign



Please contact:
Marian Chatfield-Taylor
Friends of the San Francisco Public Library
Phone: 415-626-7512 ext. 103
E-mail: marian.ctaylor@friendssfpl.org



Check It Out at the Library!

Let's focus on what our little Glen Park branch can offer the kids in the neighborhood. We have children-oriented books, books on tape and CD, and CDs, DVDs and videos. There's also story time at 10:30 a.m. Tuesdays, and preschool films every other Tuesday at 11 a.m.

Karla Smoak, on loan from Excelsior while that branch is being renovated, has a lovely voice and has been doing Glen Park's story times. She also has been diligent about booking children's programs for the Glen Park branch.

Among the upcoming events:

- April 26, 10:30 a.m.: The insect lab will crawl in with hissing cockroaches and other fascinating insects.
- May 7, 2 p.m.: Rebecca Niles, the Bubble Lady, will blow you away
- June 21, 10:30 a.m.: Magician Alex Gonzalez will appear (and maybe even disappear).

The annual summer reading program begins June 11 and runs through Aug. 6. Here is the perfect chance for youngsters to maintain or improve their reading or pre-reading skills and earn prizes. Prizes are given for every two hours of reading, with a grand prize awarded at eight hours. To participate, children need to sign up, keep track of

the time they spend reading, and report in while making at least three visits to the library. The reading program focuses on children up to 13 years old, with the younger children earning credit for listening to others reading to them. There's also a special program available for teens.

The fundraising campaign for the new branch is going well; we are approaching 60 percent mark of our \$150,000 goal. The money will be used for the interior furnishings, which are not funded by the voter-approved bond money for the new library.

Glen Park Branch

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Sharon Dezurick is the Glen Park Branch Librarian.



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Notes From District Eight

My office has been working with the Glen Park community on a number of issues, from getting the new market/library/housing development built to looking for ways to make the streets safer for pedestrians

and motorists.

Here's an update:

Glen Park Transit-Oriented Community Plan

As you may know, Congressman Tom Lantos secured \$3.3 million for transit and pedestrian improvements around the Glen Park BART station as part of the Federal Transportation Act. Unfortunately, President Bush opposed the bill's overall spending levels and it was not enacted. Lantos will try for the funding again this year, and I'm cautiously optimistic. If we succeed, the federal funding would leverage local and state money, and hopefully expedite improvements that calm traffic, promote safety for pedestrians and make transit connections faster and more efficient.

Marketplace Developments

The good news is that everyone can see the Marketplace's progress toward completion since last September's groundbreaking. The bad news has been the dispute between the project sponsor and Local 22 of the Carpenters' Union. Despite my working closely with the developer, Kieran Buckley, and maintaining a good relationship with Local 22, neither side advised me before their dispute flared into an unhappy stand-off.

My efforts to mediate were rebuffed by both sides at different times. In the meantime, the situation was heated and I am sorry for the inconvenience and discomfort that resulted. At the time of this writing, there has been a cooling-off of picketing and hopefully discussions to reach agreement.

Condominium Conversion Legislation

I recently introduced legislation with my colleague, Supervisor Michela

Alioto-Pier, that would allow certain three- to six-unit TIC (tenancies-in-common) buildings that are eligible for the 2005 condominium-conversion lottery to convert automatically. To be eligible for this one-time program, all the units in each building would have to be owner-occupied and meet other condo-conversion requirements.

This proposal would ease the burden on new homeowners where there would be no displacement of tenants, and makes clear the City's commitment to home-ownership opportunities. It also would generate much-needed revenue for the City in this difficult economic time. There will be a City Hall hearing on this legislation at the Land Use Committee on March 30 at 1 p.m., Room 260.

Traffic-Calming Efforts

For the past year and half, I have been working with neighbors on the San Jose/Guerrero corridor to improve pedestrian safety and increase traffic-calming efforts. Over the next year, that corridor will see new traffic lane configurations, bike lanes and green medians. I'd like the chance to discuss upcoming changes, and their potential impacts on Glen Park. Please join me and community organizers from the San Jose Guerrero Coalition to Save Our Streets at the Glen Park Association Meeting on April 12. You can find out more about the project at www.sanjoseguerrero.com.

Staying in Touch

I've recently started an e-mail newsletter that I plan to send out once a month to update you on issues around District 8 and City Hall. If you'd like to sign up for this e-mail, please contact Boe.Hayward@sfgov.org.

Please call upon me or my staff on any City matter of concern. You can call my office at 554-6968. If I'm not available, you can talk to Amanda Kahn or Boe Hayward of my staff. I'm also available at Bevan.Dufty@sfgov.org.

Bevan Dufty is the District 8 Representative on the San Francisco Board of Supervisors.

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Report From Ingleside Station

Glen Park is a delightful area in which to live and visit. Of special note is the vibrant commercial area and some of the unique buildings on the streets with lovely names such as Chenery, Surrey and Sussex. But like any area in an urban environment, crime occurs.

We have been fortunate, however, that Glen Park has not experienced the violence that other San Francisco neighborhoods have been dealing with in recent years. The majority of the crimes reported have been opportunistic thefts and auto burglaries. Graffiti has been a problem in Glen Canyon Park, and we have instituted frequent passing patrols to abate that graffiti blight.

Recently you may have noticed more uniformed officers walking the beat in Glen Park. We have started a new program in the precinct that requires officers working in patrol cars

to pull over and walk the streets at least twice in one shift.

Communication is the key to police-community relations. Please call 911 if there's an emergency, or 553-0123 for non-emergencies. You always can use our anonymous tip line at 587-8984. I issue a daily e-mail report that highlights arrests and crimes in the Ingleside precinct, including Glen Park. If you wish to be on the e-mail list, please contact me at Paul_Chignell@ci.sf.ca.us.

The story at right recounts some of the incidents from e-mail reports of the past few months. Details of Ingleside Station's monthly open house Community Forums are in the Community Calendar on Page 16.

Capt. Paul Chignell is commander of the San Francisco Police Department's Ingleside Station

Ingleside Officers Sending Daily E-mail Activity Reports

Hundreds of people are receiving daily e-mail reports of police activities from Ingleside Station, whose territory includes Glen Park. If you want to receive these updates, send an e-mail to paul_chignell@ci.sf.ca.us.

Some minor crimes are reported directly to the Hall of Justice and are not included in the Ingleside e-mail compilation. All major crimes and all arrests are included. Complete information including minor crimes is available at the Crime Mapping section of the SFPD Web site, at www.sfgov.org/site/police_index.asp.

The *Glen Park News* has been monitoring the e-mails since last fall. As Capt. Chignell reports in his accompanying column, our neighborhood is relatively safe and crime-free. Here are highlights:

In September and October, three armed robberies were reported, all around midnight: on the 600 block of Chenery, Monterey near Diamond, and the 400 block of Monterey. Two strong-arm robberies on Oct. 27 involved theft of a backpack with cell phone at 5 a.m. on Bosworth near the Highway 280 on ramp; a laptop was grabbed at 9:15 p.m. on Arlington near Highland. The afternoon following Thanksgiving, three suspects robbed and stabbed a victim at Chenery and Miguel.

In September, gunshots were reported on Diamond near BART before midnight; officers located a victim at St. Luke's Hospital with multiple gunshot wounds, and identified a suspect.

Glen Park burglaries are thankfully infrequent in the e-mail reports. Notable exceptions: In October, Officers Angelina Sanchez and Oscar Padilla responded at midnight to a burglary in progress at the corner store at Diamond and Chenery. A man had broken the store window and was removing the glass and trying to get inside but fled when a witness saw him. Officers Katherine Schwarz-Choy and Tracy McCray quickly caught him near Diamond and Sussex, and booked him for attempted burglary. A resident on the first block of Mizpah Street was less fortunate; a thief entered through a bathroom window, opened a safe and took a large amount of money and jewelry. Burglaries were also reported during the holiday season on the 2800 block of Diamond and the first block of Burnside.

Bad guys with drugs keep officers busy in Glen Park. Last fall, plainclothes officers observed and arrested a graffiti suspect defacing a newspaper rack at noon on Diamond near Bosworth, and found narcotics in his possession. Officer Rodney Chan, on his way to another call one night, observed a suspect acting strangely at 2948 Diamond and arrested him for possessing narcotics paraphernalia. Officers from the Fugitive Recovery Enforcement Team, along with parole officers, went to the 300 block of Arlington and arrested a suspect for narcotics, firearms and parole violations.

At 11:30 one morning, Officers Arnel Maracha and Francis Valiquette responded to Laidley and Miguel where they found a suspicious person sleeping in a vehicle. They arrested the occupant for providing false information, possession of burglar tools and narcotics paraphernalia, and parole violation. Most recently, on the evening of March 1, Officers Josh Kumli and Andy Cox spotted an apparent narcotics transaction under way at Bosworth and Diamond. The suspect was found to have suspected narcotics and was released pending chemical analysis and a review by the DA's office.

Other police calls run the gamut. On Roanoke, a relative reported ongoing elder abuse. On Lippard, a parking ticket dispute resulted in damage to a parking controller's vehicle, a citizen's arrest and a citation for malicious mischief. On a Muni bus on O'Shaughnessy, a 16-year-old was attacked by three suspects who beat, took his pen and threw him off the bus, bleeding, at Bosworth and Congo.

The Carpenters' Union dispute with Glen Park Marketplace developers has brought officers to the site at Diamond and Wilder repeatedly to investigate charges including theft and vandalism. In one incident, Officer Wendy Frisk and Sgt. Tim Plyer cited a person who lives in Antioch for trespassing.

In the hallowed tradition of the late Chronicle columnist Herb Caen, we're proud to salute the Glen Park News' first "namephreak" — Police Officer Wendy Frisk of Ingleside station, one of the many SFPD officers we're glad to have serving our neighborhood.

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Garden Club News

Have you noticed that almost all early blooming plants are yellow? Oxalis is the first to remind us that it will soon be spring. Many gardeners are frustrated with this persistent plant, but just think how cheerful it is when the days are cold and rainy. As soon as the days get warm it goes away. Then out pop the acacia trees, Scotch broom, and daffodils in all their glory.

by
Carol
Maerzke

Glen Park Garden Club members have been preparing for spring to arrive. The guest speaker at the January meeting was Dmitri Tioupine, a certified arborist who works on trees in Glen Park. His words of wisdom: Choose trees that are right for the location, keep them properly trimmed, fertilized and watered. And remember, don't let branches overlap, remove dead wood and shape correctly.

In January, we took a field trip to Golden Gate Park for a rose-pruning demonstration. Good timing, since February is a good time to prune your roses.

At the February meeting, we heard from Janet Griggs, the new board president of the Center for Urban Education about Sustainable Agricultural, the organization that sponsors the wildly popular Ferry Plaza Farmers' Market at which small family farmers sell their fresh produce and products directly to consumers. Our own Marie Zellar serves on the center's board of directors.

Griggs explained the strict guidelines by which participating farmers at a certified farmers' market in the state must abide. For instance, all the products must be grown, raised or caught in California and sold directly by the producers, their employees or relatives.

"Processed and prepared foods made by regional artisan producers are allowed at the market on a limited basis," Griggs said. "A small number of commercial sellers are also allowed at the market to add variety and complete the shopping experience."

In March, Don Williams shared his passion for staghorn ferns. Glen Park has excellent conditions for growing these exotic plants.

We'll have our own market, of sorts. The Glen Park Festival is set for April 24. Last month, Glen Park Garden Club member Jeff Britt hosted a propagation workshop to prepare plants to sell in our booth. Be sure to stop by for beautiful plants, gardening advice and bargains.

Wondering what to plant in your garden when spring fever hits? Primroses and pansies are wonderful for Glen Park's microclimate. These bright happy plants like sun and shade and do well in pots. Happy spring!



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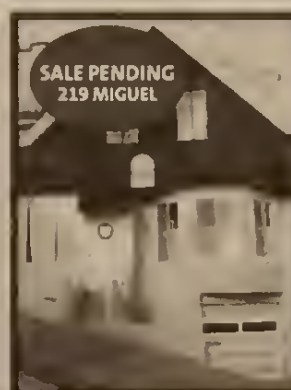
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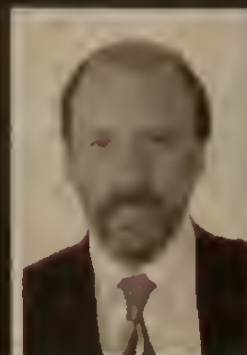


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Real Estate in Glen Park

Here is the sales activity in Glen Park from November 15, 2004 to March 3, 2005. Note that of the 22 transactions completed in this period, 15 properties sold for more than the asking price, four for

the list price, and three for less than list price.

Bill Berry is a Realtor with Paragon Real Estate Group. For any of your real estate needs, you can reach him at 738-7022, or at bberry@paragon-re.com.

Single Family Homes

Date	Address	List Price	Sold Price
11/16	2711 Diamond St.	\$595,000	\$640,000
11/23	45 Farnum St.	\$759,000	\$840,000
11/29	229 Chenery St.	\$949,000	\$970,000
11/30	142 Whitney St.	\$799,000	\$825,00
12/08	1107 Bosworth St.	\$639,000	\$681,000
12/14	3 Chenery St.	\$699,000	\$805,000
12/17	158 Burnside Ave.	\$649,950	\$649,950
12/17	298 Laidley St.	\$820,000	\$820,000
12/22	47 Surrey St.	\$1,240,000	\$1,250,000
12/22	19 Miguel St.	\$1,399,950	\$1,380,000
12/31	1167 Bosworth St.	\$995,000	\$999,999
01/11	147 Laidley St.	\$579,000	\$706,000
01/14	526 Arlington St.	\$699,000	\$729,000
02/15	375 Arlington St.	\$749,000	\$932,000
02/28	372 Laidley St.	\$820,000	\$820,000
03/01	36 Laidley St.	\$2,295,000	\$2,295,000

2- 4 Unit Buildings

Date	Address	List Price	Sold Price
01/10	229 Whitney St.	\$958,000	\$900,000
02/24	978 Chenery St.	\$1,100,000	\$1,150,00

Condos / TICs

Date	Address	List Price	Sold Price
12/20	4 Joost St. #2	\$475,000	\$500,000
12/22	120 Chenery St.	\$649,000	\$660,000
12/23	4 Joost St. #1	\$475,000	\$535,000
01/29	134 Everson St.	\$734,450	\$699,000

Where Will Our Fire Engine Be When We Need It?

Last July the Fire Department instituted a cost-cutting practice of closing fire stations for 24-hour periods on a rotating basis. So when there's a fire in Glen Park, can we depend on Engine 26 responding promptly from our nearest station, on Diamond Heights? The answer is probably—but maybe not.

The "brownout" closures take place only at stations with more than one engine. Diamond Heights has just one engine, so it's still staffed 24/7. But if we have a fire while our neighborhood engine is out covering for a browned-out company elsewhere, fire fighters will take longer to get here. Fortunately, Engine 32 on Holly Park Circle is fairly

close to Glen Park, and an ambulance is stationed there, too.

Diamond Heights has escaped complete closure, to date, largely because it's the station that can respond most quickly to the Glen Park BART station. Fire Chief Joanne Hayes White faces more hard choices to meet the department's next budget this July. Her decisions will affect fire protection in Glen Park, indirectly if not directly. You can send e-mail suggestions to her at fire.administrative.officer@sfgov.org and to District 8 Supervisor Bevan Dufty at Bevan.Dufty@sfgov.org.

Our fire fighters will again bring Engine 26 to the Glen Park Festival, on April 24, giving grownups a chance for dialog while kids clamber aboard the engine.




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Engine 26 at the 2004 Glen Park Festival

Photo by Denis Wade

A Glass Half Full

This is the fourth installment of our memoirs as owners of a small Glen Park retail wine and spirits shop. For 21 years we owned Tiffany's Wines and Spirits at 678 Chenery St. We title this column

"A Glass Half Full" to

by reflect the optimism
Tiffany needed to sustain one-
and Paul self in small business.
Farr At times, we were the
beneficiaries of events
that created a lot of business.

The 49ers started winning playoffs in the 1980s. Business skyrocketed on those Sundays, culminating in a historic surge of sales on that first Superbowl Sunday. We have a very sweet memory of paying off back bills and coasting for a few weeks.

The 1989 earthquake made everyone rush to their local shops to stock up. For us, it was waters, soft drinks and juice, although many bought wine as gifts for those who had helped them on that very eventful day. We had very few customers needing spirits to ease those earthquake jitters.

Most of our years were routine. Just about daily we were told that the customer enjoyed chatting with us and buying a good bottle of wine. But for an upcoming birthday, anniversary or wedding celebration they would be buying from BevMo, Costco, Trader Joes, or Cost Plus because they could get their wine, champagne or beer so much cheaper. When we would mention that we gave a 15 percent case discount, we were told that wasn't good enough to meet "our competition." We offered free ice and local delivery; sometimes they would budge. We do remember many who gave us their party business freely. You know who you are. We are grateful and speak of you fondly.

One must approach the idea of small business ownership by judging what service or product is needed in the community. Don't duplicate what is already available, cheaper. When we started our store there were "fair trade" laws that established the prices for which goods must be sold. When the fair trade laws were overturned by the State legislature, it allowed the large stores to buy in large volume. They received discounts from suppliers that enabled their prices to the public to be lower.

Our own neighbor Critter Fritters was an example of a new business idea. They were the first of their kind in San Francisco. The owner, Barry Leonard, started in Brooklyn, N.Y. and brought

the concept to San Francisco. Barry noticed people coming into his store and instead of shopping they would be taking pictures and measuring shelves. They were going to copy his idea, and copy they did.

We once had a call from a product promotion company from New York. They asked Tiffany to provide them with a list of cognac suppliers in the Bay Area. In exchange for the info they tipped us off to an upcoming contest. The store with the best window design featuring cognac would win an all-expense-paid trip to Cognac for two. We flew into action. A very creative friend, Connie Kennedy of Bosworth Street, was hired to create our windows. She found pictures of old cognac labels which she blew up, and added brandy snifters of all sizes. It was a stunning window. But alas, the contest did not get approval from the ABC. To ease our disappointment, the promotion agency invited us to a cognac tasting at the French Embassy in a Pacific Heights mansion. Our favorite was a Lafitte cognac in a hand-blown bottle nestled in a wicker basket. We never ascertained the price of this nectar. We eventually went to Cognac on our own. Cognac is a small, charming town in mid-France. Cognac is considered to be the world's finest brandy. It is a high-alcohol spirit distilled from wine made with the Ugni blanc grape. Barrel aging gives it the brown color and rich flavors.

At this moment we are in Venice, Italy enjoying another spirit, grappa. Grappa is made from the byproducts of winemaking. It comes in various alcoholic strengths or proofs, as well as from various grape varieties. We want to share the following recipe from: "A Thousand Days in Venice" by Marlena De Blasi. "Sgroppino" is served at the end of lunch or dinner in nearly every osteria and ristorante across the Veneto. Assemble 1 half-pint lemon sorbet, 4-6 ice cubes, 4 oz grappa, 1 cup Prosecco, zest of 1 lemon. Place the sorbet, ice, grappa and wine in a blender. Whirl until thick and creamy and barely pourable. Transfer to iced wine glasses, sprinkle the lemon zest on top and serve with small spoons.

Ciao, Tiffany and Paul.



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Well-Designed Entrance Can Boost Curb Appeal

The biggest single investment most of us undertake is the purchase of a home. We also spend dearly on remodeling to maximize the space. Yet often we overlook a singular opportunity to capitalize on this colossal investment by neglecting the potential of the space outside.

Most of us are familiar with the concept of "outdoor rooms." No matter how large or small your space, a skilled landscape designer can transform your garden into beautiful, functional outdoor rooms. Take the next step and consider your front yard. This, too, is part of the square footage of your home.

Think of your landscaping as exterior design. The design principles that apply indoors and to your backyard have even more impact when used in the front. Incorporating basic design essentials not only amplifies curb appeal, it can increase property value by more than 15 percent.

Making an Entrance

Does your entryway say "welcome" or "leave me alone"? A poorly defined entrance makes guests feel unwelcome and confused about where to go. A clearly marked path should direct people from the street to the door. Angles or curves are best; avoid straight lines.

Size and Scale

Contrary to intuition, a few large items are more effective in small spaces than a clutter of tiny objects. A patio or path of large stone slabs visually enlarges small yards; in large homes, smaller paving stones suggest a more intimate setting. Every feature should

be in proportion to the architecture and the space itself. This creates a sense of harmony in the composition. When in doubt, err on the side of generosity and select the large feature. Trees of appropriate size, properly placed, also visually enlarge or diminish the scale of a house.

Repetition

As in the home, install your primary objects first. In the garden, these are trees. Where space allows, instead of selecting one each of three different trees, choose three of the same species. Bring plants and garden objects inside so guests move seamlessly from the outside into your home. Reverse the process and repeat the color of inside walls on fences, arbors, patio furnishings. This visually expands both spaces. Never plant one single color or plant. For impact, designers always plant in minimums of three — and always in odd numbers. Mass planting similarly hued plants creates a lush sense of abundance and spaciousness.

Color

Follow the less-is-more principle when selecting color for tight urban gardens. In small spaces, gravel, stone and paving in just one color can have a huge impact. Limit yourself to one or two of your favorite colors — in addition to green — and repeat them throughout. Or, pick a single color and carry it to its extreme: for example, move from yellow to orange to red to stay within the hot color spectrum. Against a cool backdrop of silver-teal-grey plants, these hot colors pop out even more. Yellow dominates, so use it sparingly for highlights. In shady spots add sparkle and light with white



Plants enhance a home entryway

Photo by Katey Mulligan

or variegated plants. Color impacts the mood of the landscape and the right choice can transform a dark uninviting place into a welcome refuge. To unify the whole, your plant palette should match or compliment the house, fence, pathway and everything else.

Planting

Plants soften the hard lines of buildings. Trees can frame a home and root it in the landscape. Trees provide shelter and shade, screen your neighbor's window or act as sculpture. Plants soothe all the senses with fragrance, texture, taste, color and even sound. Select plants that attract birds, butterflies and other beneficial wildlife. Deciduous trees clean the air when they

drop their leaves, carrying away impurities.

Applying sound design principles to your garden as well as your home creates successful rooms both indoors and out, and much more than curb appeal. Remember when you buy your home, it's the land you pay for; the building that sits on it is just one portion of the value. Maximize its value by making every inch beautifully functional.

Katey Mulligan owns Liquidambar Garden Design. A nationally certified landscape designer, her office is in Bernal Heights and she has had numerous clients in Glen Park. Contact her at 920-9625; www.liquidambar.biz

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Why should you care about balance? Each year a third of adults over age 65

by
Lori
Chaplin

experience dizziness, balance problems and/or falls. Falls are the leading cause of injury in older adults, and can be disabling. Balance is the basic skill needed in

practically every movement; it is what allows you to move gracefully and avoid injury.

Focused training on proprioception, the body's sensory mechanism for motor control and posture, can help improve balance. Your brain sends out immediate and unconscious adjustments to the muscles and joints to achieve the movement you are intending. For example, have you ever stepped off the treadmill and had the sensation of the ground moving when you step on it? This is loss of proprioception. However, you might find that in the next few sessions on the treadmill you no longer feel this odd sensation when you step off. You have trained your nervous system to keep track and control your body. In essence, you have trained your sixth sense of proprioception.

The following proprioception exercises are "old school" and you will be able to do them in your own home without a personal trainer and without gadgets. If you need or want a more challenging program we at Sol Gym can help.

One-leg balancing: Standing on a flat surface, tighten your abs and slightly bend your knee. Slowly lift one foot off the floor, keeping it near the opposite calf. Hold this position for 5 to 20 seconds as tolerable. Repeat with opposite leg. Perform the exercise 3 to 5 times on each leg. Hint: Don't look at your feet—instead focus on a point in front of you.

For variation, you can try one-leg balancing with your eyes shut; close your eyes after you raise your foot off the ground. Or try one-leg balancing on an uneven surface: fold a face towel in half twice, place under the foot you will balance on and repeat the above exercises.

For additional exercises and pictures to add to your program, please refer to www.solgym.com. And remember, when initiating any fitness program, always first consult your physician. Beware of any personal trainer



Crane towers over the Glen Park Marketplace as concrete is poured

Photo by Michael Waldstein

GROCERY CONTINUED FROM PAGE 1

business development for small food businesses.

Bi-Rite, the store on 18th Street between Guerrero and Dolores streets, is probably closest in terms of what Canyon Market will look like, says Tarlov.

The rest of the development is progressing rapidly. For neighbors walking by who note days of inactivity followed

by a flurry of building, the quiet periods are due to the long time necessary for the concrete to dry. "It can take a week to 10 days for the walls or floor to dry," says Chris Foley of the Polaris Group, which represents developer Kieran Buckley.

On the first floor, Foley says, they expect interior work on the Canyon Market to begin in June. The library and 15 apartments on the second and third levels should be completed by October or November. However, the

interior finish work on the library will take additional time because it has to go through a public bid process, he says.

Supervisor Bevan Dufty helped negotiate a cool-down period between the developer and Carpenters' Union Local 22, which had been picketing to demand that the concrete contractor pay the workers building the wooden forms for the walls the union rate of \$32 per hour. It is hoped that negotiations will be completed by the middle of March, says Foley.

claiming to perform "rehabilitation." It is outside of their scope of practice unless they are a licensed physical therapist or medical doctor.

Lori Chaplin, a certified fitness trainer, has worked in the field since 1989. She has a masters degree in exercise physiology and a bachelors in athletic training/exercise physiology. She and her husband, Michael, own Sol Gym in San Francisco and San Diego.

Don't Forget!

The 9th Annual Glen Park Festival

**Sunday, April 24th
10:00 to 5:00**

www.glenparkfestival.com

Community Calendar

Glen Park Association

Quarterly meetings are held on the second Tuesday in January, April, July and October at 7:30 p.m. Everyone is welcome.

Next meeting: Tuesday, April 12, 2005, 7:30 p.m. Special Location: St. John's School, 925 Chenery St. Principal Ken Willers has invited us to meet at the school again. Parking is available in the fenced playground adjacent to St. John's school building.

The program includes proposed traffic changes.

Glen Park Advisory Board

Community Meeting: The Glen Park Advisory Board's next meeting will be Wednesday, April 6, 6:30 p.m., in the Rec Center auditorium in Glen Canyon Park. All neighbors are invited to attend and help plan the 2005 Family Fun Fest.

Beautification Day: Saturday, April 23, 9 a.m.-noon. Meet by the children's playground. Come when you can, and help with the cleanup or chat with your neighbors and enjoy the park.

Family Fun Fest: Saturday, May 14, 11 a.m.-3 p.m. Be sure to save this date for fun in the park. The Advisory Board is seeking volunteers to help plan and carry out activities and entertainment, and donors of food, beverages and raffle prizes. Contact Miriam Moss at moss3x@earthlink.net.

Friends of Glen Canyon Park

Meetings and Restoration Work Parties: Third Saturday of each month, 9 a.m.-noon. Next dates: March 19, April 16 and May 21. Meet at the west side of the Recreation Center. Contact: Jean Conner, 584-8576.

Weekly Work Parties: Every Wednesday, 9 a.m.-noon. For meeting place contact Richard Craib, 648-0862.

Flower Walks: Saturdays, March 12 and April 9, 10 a.m.

Earth Day Celebration: Saturday, April 16. Work party from 9 a.m.-noon, followed by free hot dog barbecue with salad and soft drinks.

Bird Walk with David Armstrong: Sunday, April 17, 9 a.m., followed at 10:30 by **Pancakes in the Park**, a full breakfast with a bargain \$5 contribution. RSVP for breakfast: Richard Craib, 648-0862.

To join Friends, or for more information about their activities, contact Jean Conner at 584-8576 or Richard Craib at 648-0862.

Glen Park Library Benefit Concert

Thursday, March 24, 7:30-9 p.m., Community Music Center, 544 Capp St. between 20th-21st streets. Friends of the SF Public Library and the Glen Park Library Campaign Committee host the lively "Anything Goes Chorus" with a cappella and piano-accompanied choral music from a variety of traditions: "You'll be humming your way home." Refreshments will be available. Tickets: \$10 at the door.

Glen Park History

Wednesday, May 11, 7 p.m., Glen Park Branch Library. Fairmount resident and City Guide Richard Ingraham will talk and show slides on the history of Glen Park's Fairmount area, and will show artifacts discovered in the excavation for the Laidley Street "eyebrow" house and creation of its beautiful garden. Dr. Ingraham is a retired professor of genetics at San Jose State University and a California native.

Parents for Public Schools

Annual General Meeting: Saturday, April 9, 9 a.m.-2 p.m., Paul Revere Elementary School, 555 Tompkins at Folsom in Bernal Heights. Agenda includes improving the way the district involves parents, funding opportunities for schools, how the school board and the community can improve communications, and supporting teacher quality.

SFPD Community Forums

Third Tuesday of each month, 7 p.m.: All residents are encouraged to participate in the monthly Community Relations Forum at SFPD's Ingleside Police Station, hosted by Captain Paul Chignell. There are refreshments, guest speakers, and the opportunity to ask questions and air your concerns. Drop in and get acquainted with some of the dedicated people whose job is keeping our neighborhood safe. The main station number is 404-4000, or e-mail Captain Chignell at Paul_Chignell@ci.sf.ca.us.

Next dates: March 15, April 19, May 17.

Light Yoga Classes

Tuesdays and Thursdays, 6:15-7:15 p.m. (except second Tuesday of each month). Light Yoga classes at the Glen Park Recreation Center are an easy way to begin or continue the study of the Iyengar method of Hatha Yoga.

Christine Trost teaches the basic poses, and modifies postures to suit your own physical requirements. This is a free community service (some leave gratuities for the teacher). Wear comfortable pants and top. Bring a Yoga mat or large towel. For more information call Christine at 846-8481 or e-mail her at catyoga@gmail.com.

Bird & Beckett

Eric Whittington created a vibrant cultural scene in downtown Glen Park, and nurtures it with regular and special events. To ensure its survival, patronize Bird & Beckett Books & Records, 2788 Diamond St., and remember to buy a book, record or T-shirt when you attend these events. All events are free, but donations are encouraged and the musicians and other artists appreciate tips. Call 586-3733 for more information.

Coming Events:

Every Friday, 5:30-8 p.m.: **Jazz in the Bookshop** with the Chuck Peterson Sextet.

First Sunday of every month, 6-8 p.m.: Vocalist **Dorothy Lefkovits** with the **Henry Irvin Trio**—an open jazz jam session.

First and third Monday, 7:30 p.m.: **Open mic poetry** series plus featured poets. Check with the store for upcoming names.

Monday, March 21: Novelist and short-story writer Maria Rand reads from *aka Ruby Brooklyn* and other works.

Second Tuesday, 7:30 p.m.: **The Eminent Authors Birthday Reading** features an open reading from the works of favorite authors whose birthdays fall during the month.

First Wednesday, 7 p.m.: **Bird & Beckett Book Club.** The April selection is *All Over Creation* by Ruth Ozeki. The May selection will be picked at the meeting.

Sunday, March 13, 2:30 p.m.: Pianist **Joe Joffee.** At 3:30 Author Phillis Matson discusses her memoir *A War Orphan in San Francisco: Letters Link a Family Scattered by World War II.* At 4:30, local author Eric B. Martin reads from his new novel *The Winners.* At 6, **Henry Irvin & Friends** play jazz to celebrate Henry's birthday.

Tuesday, March 15, 7:30 p.m.: Poet Diane di Prima reads new work from *The Black Notebooks*, joined by poets Nancy Keane and Kathleen Williams.

Sunday, March 20, 4:30 p.m.: Poet Dan Liberthson reads from new work.

Sunday, March 27, 4:30 p.m.: Walker Brents explores the "red scare" and the mid-20th century American mythology of the communist bogeyman—another in Walker's spellbinding series of monthly talks!

Friday, April 1, 8:30 p.m. Scott Baker presents two plays by Samuel Beckett in honor of Beckett's birthday: *Eh Joe* and *Ohio Impromptu.*

Sunday, April 17, 4:30 p.m.: Author Jack Collins reads from his novel *Noonlight.*



Jazz at Bird & Beckett

Photo by Michael Waldstein